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What Are the Basic Principles of Diet Therapy? | Healthfully

PART 1: Introduction to Basic Principles of Nutrition Science  
1. Food, Nutrition, and Health  
2. Carbohydrates  
3. Fats  
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Basic nutrition and diet therapy. -

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CAB Direct

Eat 4-5 light meals a day 3. Include essential foods (fish, vegetables, fruits) 4. Eat leisurely in pleasant surroundings 5. Eat the heaviest at noon 6. Avoid fatty foods 7. Avoid coffee 8. Drink hot milk before going to bed Reference: Basic Nutrition & Diet Therapy by Maria Lourdes C. Caudal, RND. DIET THERAPY Purpose of Diet Therapy: 1.

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13th Edition for providing the best nutrition care. Written in a clear, conversational style, the book begins with the fundamental concepts of nutrition and then applies those concepts to diverse demographic groups in different stages of life. You...

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book by Staci Nix

1. Food, Nutrition, and Health
  2. Carbohydrates
  3. Fats
  4. Proteins
  5. Digestion, Absorption, and Metabolism
  6. Energy Balance
  7. Vitamins
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